

Sample Announcements for Bike Safety Week

DAY 1 (4 days from the event date)

Good morning boys, girls, faculty, and staff.

Did you know that May is National Bike Month?

In honor of Bike Month, we at (SCHOOL NAME) are going to be celebrating Bike Safety Week. During Bike Safety Week, you will be hearing lots of great information about the rules of the road and bike safety basics so you can make healthy decisions when riding your bike.

DAY 2 (3 days from the event date)

Good morning safe cyclers,

Did you know that bicycling is a great way to get exercise? If you bike at a moderate pace for 30 minutes, you will burn almost 200 calories.

Do you know what the most important piece of bike safety equipment is? If you said “a bike helmet,” you are 100% correct! Bike helmets are designed to protect your head in case you get in an accident. Bike helmets reduce the risk of head and brain injury by over 85%. Unlike the bones in your body that heal relatively easy, if you injure your brain, the damage could be permanent. Wearing the right helmet and wearing it correctly can protect you from such an injury. When selecting a helmet, make sure that it is a certified bike helmet and is certified by the CPSC – the Consumer Product Safety Commission.

DAY 3 (2 days from the event date)

Good morning boys and girls, faculty and staff,

Did you know that most bicycle accidents happen right around your home? Many of the accidents happen on driveways, sidewalks, and bike paths not just the street. This is another reason to always wear a helmet!

When riding on the road, it is important to ride on the same side of the street as the traffic (never ride against the traffic). When riding your bike on the road, you are considered a vehicle. You must obey the same traffic rules and signs. If you ride on the wrong side of the road, you will not see the correct signs and become a safety risk.

DAY 4 (1 days from the event date)

Good morning bike safety enthusiasts!

Did you know that around 100 million bikes are manufactured every year? That sure is a lot of bikes.

When riding your bike on the road, it is important to signal what you are going to do. Unlike a car, you do not have blinkers on your bike so how do you signal? If you said “use your arm,” you are absolutely correct. To signal while riding, you should use your left arm. Go ahead and lift up your left arm to shoulder height with your elbow straight. If you did it, you are making a left turn signal right now, great job! Now keep your left arm up but now bend your elbow to a right angle so that your hand is now pointing to the ceiling. This is the signal for a right hand turn, awesome! To signal that you are going to stop, keep your elbow bent at a right angle but rotate your arm so that your hand is pointing to the floor. Now you know how to signal when you ride your bike!

Day 5 - day of the event!

Good morning, last day for some great bike information!

Did you know that at some schools, children ride their bikes in small groups to school each day? These groups of riders are known as Bike Trains.

Biking is a fun way to get around where you live and get excellent exercise. But riding at night can be very dangerous. It is **not** recommended for children to ride their bikes at night. Riding at night requires special equipment and skills that most young riders do not have. Be smart and avoid riding your bike at dusk or at night.

We hope you have learned lots of great information about riding your bike safely. Remember, wear a helmet, follow the rules of the road, use hand signals, and avoid riding your bike at night!